

# Nutrition Challenge

## November 1 - 30, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	<div>TOTAL POINTS</div> <div></div>			

### How to track your points:

1. Enter 1 point for each cup of fruits or vegetables you eat each day.
2. Record your points online at the DelaWELL Health Portal (<https://delawell.alerehealth.com>) **by December 10, 2010** to earn incentive credits.
3. Meet the goal of **100 points and earn 5 Wellness Credits.** Wellness Credits help eligible members earn up to \$200 in DelaWELL Rewards!

**Add up all Daily Totals for your Challenge Total Points:**

### What Counts as a Cup of Fruit or Vegetable?

- 1 medium piece of fruit or vegetable (apple, pear, tomato, potato)
- 2 cups of raw leafy vegetables (lettuce, spinach, kale)
- 1 cup of cooked vegetables or canned fruit
- ½ cup of dried fruit (raisins, cranberries, apricots)
- 8 strawberries; 2 large plums; 2 large stalks of celery; 10 broccoli florets; 12 baby carrots
- 8 fluid oz of 100% fruit or vegetable juice

**Have Questions?** Visit the DelaWELL Health Portal at <https://delawell.alerehealth.com> or call (866) 674-9103 to speak with a program representative.

**<https://delawell.alerehealth.com>**

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